



**Regional Employment Exchange Panaji**  
**Model Career Centre Panaji, Goa**  
**Shram Shakti Bhawan, 4<sup>th</sup> Floor, Potto Plaza, Panaji**



**REPORT**

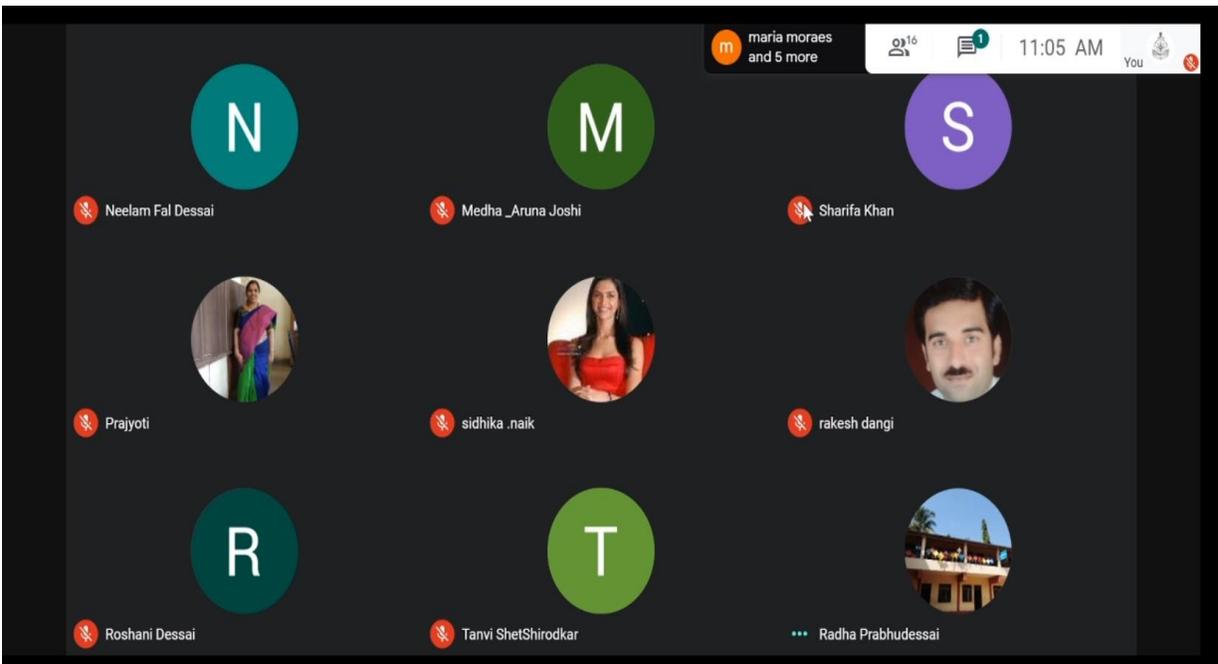
Regional Employment Exchange, Model Career Centre Panaji has organized a webinar on **Faculty Development Programme** on 19<sup>th</sup> August, 2020 for High School Teachers in coordination with Infant Jesus High School, Cuncolim, Goa. The objectives of webinar to develop career counselling skills so that they could act as a career advisor for their school students. He focuses on adolescents' scenario in the country and Globe. This is the period of transition from childhood to adulthood. This is the period were their mental, physical, emotional, and Psychological changes occur and its issues and concern. Also, stress on various stages of development including vocational development.

The session addressed on Faculty Development Programme by Shri R. Rakesh Dangi, Young Professional, Model Career Centre Panaji, Goa. Also, he spoke about key pillar of NCS Portal and its functioning and utility in details.

18 Participants from Infant Jesus High School has participated in the webinar and were received a good feedback on the participants.

**Feedback Form Link** - [https://docs.google.com/spreadsheets/d/1BnQ2uaEfb-1OrRWnARPrPErfMFHWGq2tIza\\_okIzqS0/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1BnQ2uaEfb-1OrRWnARPrPErfMFHWGq2tIza_okIzqS0/edit?usp=sharing)

# Glimpses of Webinar on Employability Training Programme



rakesh dangi is presenting

Sharifa Khan and 5 more

11:10 AM

## Key NCS Pillars

**NCS Portal**

- Linking jobseekers and employers
- Linkages with states, training providers etc.
- Aadhaar based authentication and E-KYC

**Model Career centres**

- Counselling & Guidance
- Online registration
- Job fairs and outreach
- Young Professionals
- Last Mile Employability

**Access to right career content**

- Knowledge repository of career content
- User friendly search
- Industry trends

**Network of Counsellors**

- Capacity building for counseling
- Registration of counselors
- Specialized career content for counselors
- CIRTES (NICS) to lead

**Governance Structures**

- Apex Committee, Project Steering Committee etc.
- NCS Policy being evolved
- Diversity and inclusivity

**Effective IEC outreach program**

- Reach out to target audience/stakeholders
- Print / Audio/ Video/ adverts/ workshop/Social Media
- Launch and evaluation of media programmes

**www.ncs.gov.in**

**Toll Free Number 1800-425-1514**

Participants in the sidebar: rakesh dangi, Radha Prabhudessai, chaitana veip, Medha\_Aruna Joshi, Neelam Fal Dessai, Roshani Dessai, Tanvi ShetShirodkar, sidhika .naik.

rakesh dangi is presenting

Employment Exch... and 6 more

17 5 11:17 AM You

### Post Covid-19 Job Scenario

- Worried about career
- Less Number of Opportunities
- Too Less Job and Too Many Competitors
- Employers May Become Too Specific about the Selection
- Increase Job In Online/ Digital Side
- Major Challenges is For Youth -Communication And Set Skills

Meeting details ^

Turn on captions

rakesh dangi is presenting

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Employment Exch... and 6 more

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Turn on captions

rakesh dangi is presenting

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maria moraes and 7 more

18 5 11:20 AM You

## About Adolescents

Adolescence (10-19 Years) Is A Phase of Life, A Transition from Childhood to Adulthood.

- Its Characterised By
  - Physical and Psychological Changes
  - Sexual and Reproductive Maturity
  - The Development of Advance Mental Processes
  - Adult Identity and Relative Independent

Meeting details ^

Turn on captions

rakesh dangi is presenting

rakesh dangi is presenting

N Neelam Fal Des... and 11 more

18 5 You

## Adolescents Issues

- Psychological Concern
- Managing Emotions
- Building Relationship
- Dependence on Peer Group
- Health Related Concern
- Career and Future Perspective

rakesh dangi

Radha Prabhude...

chaitana veilp

Medha \_Aruna J...

rakesh dangi is presenting

### Signs And Symptoms of Stress/poor performance etc..

| Cognitive Symptoms  | Emotional Symptoms  | Physical Symptoms  | Behavioral Symptoms   |
|---|---|--|---|
| <ul style="list-style-type: none"> <li>• Memory problems</li> <li>• Inability to concentrate</li> <li>• Poor judgment</li> <li>• Seeing only the negative</li> <li>• Anxious or racing thoughts</li> <li>• Constant worrying</li> </ul> | <ul style="list-style-type: none"> <li>• Moodiness</li> <li>• Irritability or short temper</li> <li>• Agitation, inability to relax</li> <li>• Feeling overwhelmed</li> <li>• Sense of loneliness and isolation</li> <li>• Depression or general unhappiness</li> </ul> | <ul style="list-style-type: none"> <li>• Aches and pains</li> <li>• Diarrhea or constipation</li> <li>• Nausea, dizziness</li> <li>• Chest pain, rapid heartbeat</li> <li>• Loss of sex drive</li> <li>• Frequent colds</li> </ul> | <ul style="list-style-type: none"> <li>• Eating more or less</li> <li>• Sleeping too much or too little</li> <li>• Isolating yourself from others</li> <li>• Procrastinating or neglecting responsibilities</li> <li>• Using alcohol, cigarettes, or drugs to relax</li> <li>• Nervous habits (e.g. nail biting, pacing)</li> </ul> |

Meeting details

People (19) Chat

Good morning

You 11:03 AM  
Good morning everyone  
will start the seminar in few minutes

Medha\_Aruna Joshi 11:04 AM  
yes sir

sidhika .naik 11:06 AM  
Yes sir

Medha\_Aruna Joshi 11:08 AM  
hello

Kindly fill up the feedback form to share your valuable suggestions!

<https://forms.gle/PQwZdamAz4M55s>

rakesh dangi is presenting

### Skills required for career guidance

- Self awareness
- Empathy
- Critical thinking
- Creative thinking
- Decision making
- Problem solving
- Effective communication
- Interpersonal relationship
- Coping with stress and emotion

Meeting details

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This screenshot shows a Zoom meeting in progress. The main window displays a grid of participants. The top-left tile shows a video feed of 'rakesh dangi'. Other participants are represented by circular icons with their names: Medha\_Aruna Joshi, Roshani Dessai, chaitana veip, Radha Prabhudessai, maria moraes, Alpana Bhende, Prajyoti, and Tanvi ShetShirodkar. Some icons are replaced by letters: 'M' for Medha\_Aruna Joshi, 'R' for Roshani Dessai, 'm' for maria moraes, and 'T' for Tanvi ShetShirodkar. A 'Meeting details' panel is open on the right, showing a list of chat messages:

- People (17)
- Chat
- Good morning
- You 11:03 AM: Good morning everyone will start the seminar in few minutes
- Medha\_Aruna Joshi 11:04 AM: yes sir
- sidhika .naik 11:06 AM: Yes sir
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At the bottom of the chat panel, there is a link to a feedback form: <https://forms.gle/PQwZdamAz4M55s>.

This screenshot shows the same Zoom meeting from a different perspective, including the bottom toolbar. The participant grid is identical to the first screenshot. The 'Meeting details' panel on the right shows the chat history, including the messages from 'You', 'Medha\_Aruna Joshi', and 'sidhika .naik'. At the bottom of the screen, the meeting controls are visible:

- Meeting details ^
- Microphone icon (muted)
- Video icon (off)
- Turn on captions
- Present now
- Send a message to everyone